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ABSTRACT

Developed through a modified DACUM (Developing a Curriculum) process involving business, industry, labor, and community agency representatives in Ohio, this document is a comprehensive and verified competency profile for work and family life courses. The list contains units (with and without subunits), competencies, and competency builders that identify the skills needed to coordinate work and family life. This list includes one unit of content competencies for each of six courses: personal development, resource management, life planning, nutrition and wellness, family relations, and parenting. The single unit of core process competencies that appears first is to be taught and developed within each of the six 18-week (semester) core courses. (YLB)

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# OCAP

# OHIO'S COMPETENCY ANALYSIS PROFILE

# WORK AND FAMILY LIFE

**This list includes one unit of content competencies for each of the six Work and Family Life courses identified below. The single unit of core process competencies is to be taught and developed within each of the six 18-week (semester) core courses.**

*Personal Development*

*Resource Management*

*Life Planning*

*Nutrition and Wellness*

*Family Relations*

*Parenting*

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# Ohio Competency Analysis Profile
# Work and Family Life

## Unit 0: Process Competencies

**Competency 0.0.1: Manage work and family responsibilities for the well-being of self and others**

*Competency Builders:*

0.0.1.1 Explore the meaning of work and the meaning of family
0.0.1.2 Compare how work life is affected by families and how families are affected by work life
0.0.1.3 Identify management strategies for balancing work and family roles

**Competency 0.0.2: Apply problem-solving process to personal and family problems for well-being of self and others**

*Competency Builders:*

0.0.2.1 Clarify personal and family issues
0.0.2.2 Identify adequate, reliable information and resources for personal and family problem solving
0.0.2.3 Create alternative choices for solving problems
0.0.2.4 Evaluate potential consequences of alternative choices
0.0.2.5 Use criteria and standards to make ethical decisions
0.0.2.6 Evaluate outcomes

**Competency 0.0.3: Relate to others in positive, caring ways**

*Competency Builders:*

0.0.3.1 Identify significance of caring, respectful relationships
0.0.3.2 Create strategies for relating to people of different ages, abilities, genders, and cultures
0.0.3.3 Communicate effectively
0.0.3.4 Express personal feelings, needs, and ideas constructively
0.0.3.5 Manage conflict
0.0.3.6 Seek help when needed

**Competency 0.0.4: Assume leadership role as a responsible family member and citizen**

*Competency Builders:*

0.0.4.1 Identify ways to be a responsible citizen at home, at school, at work, and in community settings
0.0.4.2 Evaluate societal conditions affecting personal, family, and community well-being
0.0.4.3 Describe visions and goals for families, student organizations, and work groups
0.0.4.4 Evaluate consequences of cooperative and uncooperative actions
0.0.4.5 Cooperate with others to achieve group goals
0.0.4.6 Use planning processes to establish and achieve individual and group goals

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# Unit 1: Personal Development

### Competency 1.0.1: Enhance personal development of self and others throughout the life span

*Competency Builders:*

1.0.1.1 Identify physical, emotional, cognitive, and social changes of adolescence
1.0.1.2 Identify relationship between human needs and developmental stages of the life cycle
1.0.1.3 Identify strategies to enhance personal development throughout the life span
1.0.1.4 Distinguish between behaviors that enhance *self-formation* and those that are self-destructive
1.0.1.5 Relate significance of accepting and affirming personal uniqueness to personal development

### Competency 1.0.2: Enhance self-esteem of self and others

*Competency Builders:*

1.0.2.1 Identify factors that affect self-esteem of self and others
1.0.2.2 Assess self-esteem of self and others
1.0.2.3 Compare effects of low self-esteem and high self-esteem
1.0.2.4 Identify strategies to promote positive self-esteem of self and others
1.0.2.5 Establish personal values and standards to support positive self-esteem of self and others

### Competency 1.0.3: Manage stressful situations

*Competency Builders:*

1.0.3.1 Analyze factors contributing to stress
1.0.3.2 Identify physical and emotional responses to stress
1.0.3.3 Evaluate positive and negative effects of stress on self, relationships, and work productivity
1.0.3.4 Identify healthy and unhealthy ways of dealing with stress
1.0.3.5 Implement strategies to manage stress
1.0.3.6 Create strategies for developing and maintaining constructive support systems

### Competency 1.0.4: Formulate plan to achieve career goals

*Competency Builders:*

1.0.4.1 Analyze value of work ethic in relation to personal and family values and goals
1.0.4.2 Evaluate work as a means of achieving personal and family goals
1.0.4.3 Compare impact of being employed or not being employed on well-being of self and others
1.0.4.4 Describe difference between a job and a career
1.0.4.5 Assess importance of setting short- and long-term career goals
1.0.4.6 Predict long-term significance of schooling
1.0.4.7 Analyze factors affecting career choices
1.0.4.8 Evaluate career choices in relation to self-esteem, *self-formation*, lifestyle, goals, and well-being of others
1.0.4.9 Establish career goals
1.0.4.10 Choose experiences and resources needed to achieve career goals
1.0.4.11 Describe employability skills necessary for getting and keeping a job

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**Competency 1.0.5: Form healthy, caring relationships with family members**

*Competency Builders:*

1.0.5.1 Evaluate significance of a family to individuals and society
1.0.5.2 Analyze a variety of family structures
1.0.5.3 Analyze impact of stages of the life cycle on family members
1.0.5.4 Identify factors that affect relationships in families
1.0.5.5 Identify responsibilities of an individual in influencing and supporting goals and values of a family
1.0.5.6 Create strategies for dealing with family relationship problems
1.0.5.7 Demonstrate appropriate communication techniques for various family situations
1.0.5.8 Plan ways family members can share responsibilities to meet family needs
1.0.5.9 Apply strategies for strengthening family relationships

**Competency 1.0.6: Form healthy, caring relationships with peers**

*Competency Builders:*

1.0.6.1 Evaluate consequences of healthy and unhealthy peer relationships
1.0.6.2 Accept value of individual differences in interpersonal relationships
1.0.6.3 Analyze how personal actions and decisions affect others
1.0.6.4 Describe importance of expressing feelings and ideas to others
1.0.6.5 Use strategies for building and maintaining caring relationships with peers
1.0.6.6 Distinguish between personal crises and crises of others
1.0.6.7 Analyze choices for dealing with problems in friendships
1.0.6.8 Apply strategies for dealing with peer pressure
1.0.6.9 Identify strategies for dealing with current issues

**Competency 1.0.7: Manage conflict**

*Competency Builders:*

1.0.7.1 Clarify areas of disagreement in relationships
1.0.7.2 Express feelings, ideas, and values constructively
1.0.7.3 Apply techniques of giving and receiving feedback
1.0.7.4 Criticize ideas and behaviors without criticizing individuals
1.0.7.5 Integrate different ideas into a single position
1.0.7.6 Apply problem-solving process to choose a strategy to deal with conflict
1.0.7.7 Use appropriate strategies to negotiate differences
1.0.7.8 Seek help in managing conflict when appropriate

**Competency 1.0.8: Choose ways to express sexuality responsibly**

*Competency Builders:*

1.0.8.1 Recognize sexuality across the life cycle
1.0.8.2 Identify influences on gender role development
1.0.8.3 Describe meaning of sexuality
1.0.8.4 Express personal attitudes and values about sexuality
1.0.8.5 Evaluate sexuality messages in media and society
1.0.8.6 Distinguish between responsible and irresponsible ways to express intimacy and sexuality
1.0.8.7 Identify reasons for varying standards for sexual expression
1.0.8.8 Identify societal issues related to sexual expression

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**Competency 1.0.9: Evaluate importance of responsible parenting for individuals, families, and society**

*Competency Builders:*

1.0.9.1 Describe parenting skills needed to foster human development and form healthy, caring relationships with infants and young children
1.0.9.2 Identify reasons to care for children in responsible ways
1.0.9.3 Identify realities of parenthood
1.0.9.4 Assess commitment needed to be a parent
1.0.9.5 Compare various reasons for becoming a parent
1.0.9.6 Identify factors to consider in evaluating readiness for parenthood
1.0.9.7 Evaluate how present decisions about parenting may affect future goals

# Unit 2: Resource Management

**Competency 2.0.1: Manage resources to achieve personal goals**

*Competency Builders:*

2.0.1.1 Identify personal responsibilities for setting and reaching goals
2.0.1.2 Assess relationship between personal values and goals
2.0.1.3 Establish personal goals
2.0.1.4 Identify process for setting and reaching goals
2.0.1.5 Identify resources for achieving goals
2.0.1.6 Identify potential barriers to achieving goals and strategies to address barriers
2.0.1.7 Evaluate relationship between taking risks and achieving goals
2.0.1.8 Develop a management plan to achieve goals
2.0.1.9 Evaluate use of time, money, and other resources in the process of working toward goals
2.0.1.10 Analyze outcome of management plan

**Competency 2.0.2: Make informed consumer choices for the well-being of self and others**

*Competency Builders:*

2.0.2.1 Identify factors affecting consumer decisions
2.0.2.2 Evaluate sources of consumer information
2.0.2.3 Apply consumer information in making decisions
2.0.2.4 Identify strategies for comparison shopping
2.0.2.5 Identify interrelationship between consumer rights and responsibilities

**Competency 2.0.3: Create a living environment that supports the well-being of individuals and families**

*Competency Builders:*

2.0.3.1 Assess relationship between housing needs and individual or family development
2.0.3.2 Identify strategies to help assure a safe neighborhood and living environment
2.0.3.3 Analyze effect of shared living space on family relationships
2.0.3.4 Describe space needs for family members
2.0.3.5 Evaluate ways to share living space in family and in community
2.0.3.6 Use furnishings and accessories to decorate personal or family space

**Competency 2.0.4: Evaluate types of housing in relation to the family life cycle, lifestyle, values, goals, and resources**

*Competency Builders:*

2.0.4.1 Assess how individual and family situations are related to housing decisions
2.0.4.2 Evaluate types of housing available
2.0.4.3 Compare rights and responsibilities of homeowners, landlords, and tenants
2.0.4.4 Use comparison shopping skills to select housing

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**Competency 2.0.5: Maintain a living environment that supports the well-being of self and family**

*Competency Builders:*

2.0.5.1 Evaluate home maintenance tasks with regard to personal and family resources, abilities, and standards
2.0.5.2 Develop a plan for sharing home maintenance tasks among family members and others
2.0.5.3 Evaluate household appliances and home maintenance products for efficiency, safety, and environmental impact

**Competency 2.0.6: Identify ways to take responsibility for living in a global environment**

*Competency Builders:*

2.0.6.1 Evaluate impact of environmental issues on self and others in future generations
2.0.6.2 Recognize personal responsibility for use of world resources
2.0.6.3 Plan ways to conserve, reuse, and recycle resources

**Competency 2.0.7: Make decisions related to selecting, obtaining, and maintaining clothing for self and family**

*Competency Builders:*

2.0.7.1 Identify physical, social, and emotional roles of clothing
2.0.7.2 Evaluate immediate and future clothing needs
2.0.7.3 Identify strategies for resolving conflicts regarding clothing choices
2.0.7.4 Develop strategies to achieve personal clothing goals based on needs, values, and resources
2.0.7.5 Compare ways to obtain clothing considering personal and family values and resources
2.0.7.6 Identify factors to consider when selecting clothing

**Competency 2.0.8: Maintain clothing for self and family**

*Competency Builders:*

2.0.8.1 Describe ways family members can share clothing care responsibilities
2.0.8.2 Evaluate equipment and laundry supplies for efficiency, safety, and environmental impact
2.0.8.3 Use product and label information when caring for clothing
2.0.8.4 Decide type of care needed for maintaining and storing clothing
2.0.8.5 Perform clothing maintenance, minor repair tasks, and basic clothing construction tasks



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**Competency 2.0.9: Plan food choices that meet health needs of individuals and families**

*Competency Builders:*

2.0.9.1 Analyze role of food in meeting health needs
2.0.9.2 Recognize personal responsibility for maintaining health through food choices
2.0.9.3 Evaluate personal food habits
2.0.9.4 Analyze factors affecting food choices
2.0.9.5 Recognize cultural influences on food choices
2.0.9.6 Evaluate effect of advertising on food choices
2.0.9.7 Evaluate reliability of sources of nutrition information
2.0.9.8 Identify and apply standards for selecting nutritious food
2.0.9.9 Plan strategies for selecting nutritious foods when eating outside the home
2.0.9.10 Modify menus to meet varying nutritional needs of family members
2.0.9.11 Evaluate environmental impact of food purchases, preparation, and disposal

**Competency 2.0.10: Prepare and serve nutritious foods**

*Competency Builders:*

2.0.10.1 Evaluate nutrition sources and food preparation information
2.0.10.2 Choose food preparation techniques that maximize nutritive value of food
2.0.10.3 Recognize health-related dangers associated with improper food handling
2.0.10.4 Practice appropriate sanitation and storage procedures related to handling food
2.0.10.5 Apply time-management principles when preparing and serving food
2.0.10.6 Plan ways to share food preparation tasks in group and family settings
2.0.10.7 Create strategies for enhancing positive social interaction during mealtime
2.0.10.8 Identify and use appropriate equipment and supplies for food preparation in home

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# Unit 3: Life Planning

### Competency 3.0.1: Develop a life-management plan

*Competency Builders:*

3.0.1.1 Identify life choices
3.0.1.2 Analyze factors affecting life choices
3.0.1.3 Identify personal strengths and limitations
3.0.1.4 Establish short- and long-term personal goals
3.0.1.5 Identify changes that impact a life-management plan
3.0.1.6 Evaluate use of time, money, and other resources needed to achieve goals
3.0.1.7 Develop set of criteria for evaluating life choices
3.0.1.8 Take personal responsibility for life choices

### Competency 3.0.2: Care for self and others to ensure wellness

*Competency Builders:*

3.0.2.1 Identify elements of wellness
3.0.2.2 Describe significance of healthy lifestyle
3.0.2.3 Identify strategies to maintain wellness
3.0.2.4 Establish wellness goals as part of life-management plan
3.0.2.5 Evaluate personal and family wellness status and needs
3.0.2.6 Identify and evaluate sources of wellness information
3.0.2.7 Analyze factors that contribute to stress
3.0.2.8 Implement strategies to manage effects of stress

### Competency 3.0.3: Build and maintain constructive interpersonal relationships

*Competency Builders:*

3.0.3.1 Identify factors that affect self-concept
3.0.3.2 Promote positive self-worth in others
3.0.3.3 Apply effective communication skills
3.0.3.4 Apply problem-solving process to choose strategies to manage conflict
3.0.3.5 Analyze characteristics of constructive and destructive relationships
3.0.3.6 Analyze effects of dependence, independence, and interdependence on relationships
3.0.3.7 Identify appropriate strategies to initiate, maintain, and end interpersonal relationships
3.0.3.8 Analyze needs, motivations, and opportunities involved in relationships
3.0.3.9 Distinguish between responsible and irresponsible behaviors in relationships
3.0.3.10 Identify characteristics of love and commitment with family, friends, and others



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**Competency 3.0.4: Build and maintain strong, functional families**

*Competency Builders:*

3.0.4.1 Identify characteristics of functional family
3.0.4.2 Evaluate role of families in meeting needs of individuals throughout the life cycle
3.0.4.3 Identify strategies to assess needs and expectations of all family members
3.0.4.4 Identify strategies to create and maintain a strong, functional family
3.0.4.5 Identify appropriate strategies for dealing with family change and stress
3.0.4.6 Analyze factors influencing mate selection
3.0.4.7 Assess responsibilities of and personal readiness for marriage and family life
3.0.4.8 Assess responsibilities of and personal readiness for parenthood

**Competency 3.0.5: Develop strategies for lifelong career planning**

*Competency Builders:*

3.0.5.1 Analyze value of work ethic in relation to personal and family values and goals
3.0.5.2 Analyze significance of work for self, family, and society
3.0.5.3 Define the career-planning process
3.0.5.4 Assess knowledge, attitudes, skills, and aspirations
3.0.5.5 Research world of work
3.0.5.6 Identify job search skills
3.0.5.7 Identify strategies for keeping a job, advancing in a job, and increasing wages
3.0.5.8 Evaluate career choices in relation to life-management plan
3.0.5.9 Evaluate interrelationship between career choice and lifestyle
3.0.5.10 Identify strategies for dealing with career successes, changes, and/or disappointments
3.0.5.11 Identify factors that impact current and future career choices

**Competency 3.0.6: Coordinate personal and career responsibilities for well-being of self and others**

*Competency Builders:*

3.0.6.1 Determine individual, family, and work-related priorities
3.0.6.2 Evaluate interrelationships between the family life cycle and career patterns
3.0.6.3 Identify effects of role stereotyping in work and family settings
3.0.6.4 Analyze effects of power and conflicts in work and family settings
3.0.6.5 Establish criteria for assignment of tasks, responsibilities, and performance standards
3.0.6.6 Identify variety of strategies to coordinate work and family responsibilities
3.0.6.7 Use variety of strategies to ensure adequate personal, work, and family time
3.0.6.8 Identify family and work support resources and services
3.0.6.9 Identify strategies to improve workplace policies and attitudes that support individuals and families

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**Competency 3.0.7: Establish a plan for using resources to meet individual and family needs and goals**

*Competency Builders:*

3.0.7.1 Plan strategies to facilitate self-responsibility in managing a financial plan
3.0.7.2 Identify strategies for involving family members in financial planning
3.0.7.3 Analyze consumer rights and responsibilities
3.0.7.4 Identify and evaluate sources of consumer information
3.0.7.5 Evaluate financial institutions and services (e.g., savings, investments, credit)
3.0.7.6 Identify significance of establishing and maintaining good credit
3.0.7.7 Identify types of insurance available in relation to insurance needs throughout the life cycle
3.0.7.8 Identify factors to consider when making decisions about food, clothing, transportation, and housing
3.0.7.9 Identify strategies for maintaining and conserving resources

# Unit 4: Nutrition and Wellness

**Competency 4.0.1: Make choices that promote wellness and good health for self and others**

*Competency Builders:*

4.0.1.1 Analyze factors that contribute to wellness
4.0.1.2 Analyze effects of lifestyle choices on self and others
4.0.1.3 Identify effects of nutrition on wellness
4.0.1.4 Identify physical fitness strategies for a healthy lifestyle
4.0.1.5 Identify strategies for using time to promote wellness
4.0.1.6 Analyze relationship between sleep, rest, and maintaining a healthy lifestyle
4.0.1.7 Identify factors that cause stress and strategies to manage stress
4.0.1.8 Identify factors that affect emotional well-being
4.0.1.9 Analyze how substance abuse influences personal and family wellness
4.0.1.10 Develop a lifestyle plan that promotes wellness

**Competency 4.0.2: Analyze interrelationship between food choices and wellness**

*Competency Builders:*

4.0.2.1 Identify health concerns and their relationship to food choices
4.0.2.2 Identify effects of nutrients on the body
4.0.2.3 Compare personal and family nutrition needs throughout the life cycle
4.0.2.4 Identify personal and family eating patterns and their effect on wellness
4.0.2.5 Identify and evaluate sources of nutrition information
4.0.2.6 Analyze effects of food fallacies on food choices
4.0.2.7 Analyze factors to consider when identifying healthy body weights
4.0.2.8 Evaluate relationship between food choices, eating patterns, physical activity, and maintaining healthy body weights

**Competency 4.0.3: Evaluate relationship between psychological and social needs and food choices**

*Competency Builders:*

4.0.3.1 Analyze psychological and social factors affecting food choices
4.0.3.2 Analyze impact of media on food choices
4.0.3.3 Identify cultural, ethnic, and family traditions or values in relation to food choices
4.0.3.4 Identify how peer pressure affects food choices
4.0.3.5 Examine impact of food addictions and eating disorders on wellness
4.0.3.6 Recognize culturally accepted eating behaviors
4.0.3.7 Demonstrate socially accepted eating behaviors

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**Competency 4.0.4: Plan strategies for choosing foods that promote wellness**

*Competency Builders:*

4.0.4.1 Establish criteria for planning personal and family meals
4.0.4.2 Identify nutrition standards used to select nutritious foods
4.0.4.3 Compare and apply nutrition standards to meet nutrition needs when planning menus
4.0.4.4 Analyze menus and/or recipes for nutrient benefits to family members
4.0.4.5 Develop strategies for selecting nutritious foods when eating away from home
4.0.4.6 Develop strategies for involving family members in menu planning
4.0.4.7 Resolve family conflicts about food choices

**Competency 4.0.5: Obtain and store food for self and family**

*Competency Builders:*

4.0.5.1 Identify means of obtaining food
4.0.5.2 Develop criteria for purchasing/obtaining food
4.0.5.3 Develop strategies to comparison shop for food
4.0.5.4 Evaluate effects of advertising on food purchases
4.0.5.5 Develop budget for purchasing food
4.0.5.6 Identify management strategies for purchasing and storing food on limited resources
4.0.5.7 Use package label information to select food products
4.0.5.8 Analyze impact of advances in food technology on products available to consumers
4.0.5.9 Identify strategies for conserving environmental resources with regard to food purchases, preparation, storage, and disposal
4.0.5.10 Process and store food with regard to safety, sanitation, shelf life, and quality maintenance

**Competency 4.0.6: Prepare and serve nutritious meals and snacks**

*Competency Builders;*

4.0.6.1 Evaluate cookbooks and other resources for food preparation information
4.0.6.2 Apply basic food-science principles to food preparation
4.0.6.3 Evaluate recipes for nutritional value and preparation process
4.0.6.4 Modify recipes to meet dietary needs
4.0.6.5 Apply time-management principles when planning, preparing, and serving food
4.0.6.6 Maintain safe and sanitary food-preparation standards
4.0.6.7 Design and organize kitchen work-space to facilitate food preparation
4.0.6.8 Analyze effects of occupational, social, and cultural influences on preparing and serving meals
4.0.6.9 Develop strategies to involve family members in food preparation, serving, and cleanup to foster positive family interaction

**Competency 4.0.7: Select and use equipment for food preparation**

*Competency Builders:*

4.0.7.1 Develop criteria for selecting kitchen equipment
4.0.7.2 Evaluate how kitchen equipment influences food choices and management of resources
4.0.7.3 Compare kitchen equipment with respect to cost, time utilization, safety, storage, maintenance, and environmental concerns.
4.0.7.4 Select, use, clean, and maintain food preparation utensils

**Competency 4.0.8: Identify strategies to promote optimal nutrition and wellness of society**

*Competency Builders:*

4.0.8.1 Identify community and national issues related to nutrition and wellness
4.0.8.2 Identify and evaluate community resources and services for nutrition and wellness
4.0.8.3 Recognize impact of food choices on environment and global community
4.0.8.4 Analyze effects of governmental policies and regulations on nutrition and wellness of self, family, and society
4.0.8.5 Create strategies for promoting nutrition and wellness
4.0.8.6 Identify career options in field of food, nutrition, and wellness

# Unit 5: Family Relations

**Competency 5.0.1: Analyze the significance of the family**

*Competency Builders:*

5.0.1.1 Explore the meanings of family
5.0.1.2 Analyze functions of the family
5.0.1.3 Assess role of the family in developing values
5.0.1.4 Identify stages of the family life cycle
5.0.1.5 Identify various family systems
5.0.1.6 Analyze trends in family composition in America
5.0.1.7 Analyze impact of social and cultural diversity on the family

**Competency 5.0.2: Nurture human development in the family throughout the life span**

*Competency Builders:*

5.0.2.1 Identify physical, social, emotional, and intellectual developmental milestones
5.0.2.2 Describe how development is nurtured within the family
5.0.2.3 Analyze relationship between *self-formation* and stages of the life cycle
5.0.2.4 Enhance self-esteem of self and others
5.0.2.5 Identify basic needs of family members throughout the life cycle
5.0.2.6 Analyze how needs can be met within various family systems
5.0.2.7 Recognize role of various types of relationships in meeting human needs
5.0.2.8 Develop strategies for adapting to change throughout the life span
5.0.2.9 Analyze relationship between managing resources and meeting human needs
5.0.2.10 Develop strategies for managing resources to meet human needs

**Competency 5.0.3: Analyze factors related to forming one's own family**

*Competency Builders:*

5.0.3.1 Evaluate interrelationship between various family systems and personal goals and values
5.0.3.2 Recognize significance of relationships during adolescence
5.0.3.3 Describe concept of commitment and its role in family formation
5.0.3.4 Describe concept of love and its role in family formation
5.0.3.5 Define emotional and physical intimacy
5.0.3.6 Distinguish between responsible and irresponsible ways to express emotional and physical intimacy
5.0.3.7 Identify factors to consider in determining personal readiness to form one's own family
5.0.3.8 Evaluate personal readiness to form one's own family
5.0.3.9 Evaluate factors to consider in choosing a partner
5.0.3.10 Analyze gender expectations and division of tasks in relationships
5.0.3.11 Assess responsibilities of and personal readiness for parenthood

**Competency 5.0.4: Analyze factors that build and maintain healthy family relationships**

*Competency Builders:*

5.0.4.1 Identify characteristics of families who strive to meet the needs of all family members
5.0.4.2 Identify rights, responsibilities, and expectations of all family members
5.0.4.3 Analyze implications of power and authority within relationships
5.0.4.4 Analyze responsibility and ability of each family member to establish and communicate personal and family needs, values, and goals
5.0.4.5 Identify strategies for making decisions as a family
5.0.4.6 Develop family rituals and traditions that strengthen family relationships
5.0.4.7 Develop a plan to assure adequate time for family activities
5.0.4.8 Analyze changes that may occur in relationships over time

**Competency 5.0.5: Develop communication patterns that enhance family relationships**

*Competency Builders:*

5.0.5.1 Recognize importance of interpersonal communication skills in family life
5.0.5.2 Distinguish between effective and ineffective communication in families
5.0.5.3 Identify barriers to communication in families
5.0.5.4 Recognize developmental and individual differences in communication skills among family members
5.0.5.5 Practice communication skills (including listening and questioning) that encourage constructive family interaction
5.0.5.6 Respect rights, feelings, and needs of family members
5.0.5.7 Recognize appropriate times, settings, and circumstances to communicate with family members

**Competency 5.0.6: Deal effectively with family stressors, conflicts, and crises**

*Competency Builders:*

5.0.6.1 Identify potential sources of family stress, conflict, and crisis
5.0.6.2 Identify indicators and consequences of family stress, conflict, and crisis
5.0.6.3 Develop strategies for resolving family stress, conflict, and crisis
5.0.6.4 Evaluate sources of formal and informal support available to families and family members
5.0.6.5 Plan strategies to prevent or minimize stress, conflict, and crisis

**Competency 5.0.7: Manage work and family roles and responsibilities**

*Competency Builders:*

5.0.7.1 Analyze interrelationship of personal and family goals and values to work goals and values
5.0.7.2 Analyze how social, economic, and technological changes impact work and family dynamics
5.0.7.3 Develop strategies for sharing ownership of responsibilities of managing family and work

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**Competency 5.0.8: Analyze social forces that influence families across the life span**

*Competency Builders:*

5.0.8.1 Identify social forces that influence families
5.0.8.2 Identify interdependent relationships between families and society
5.0.8.3 Analyze how laws and public and private policies affect families
5.0.8.4 Identify how families can become proactive in the legislative process
5.0.8.5 Evaluate global issues affecting families
5.0.8.6 Identify ethical and moral issues affecting families
5.0.8.7 Analyze how the economy affects families
5.0.8.8 Analyze how prejudices affect families
5.0.8.9 Develop strategies to address societal forces that influence families
5.0.8.10 Identify career opportunities that impact families

# Unit 6: Parenting

**Competency 6.0.1: Assess impact of the parenting role in society**

*Competency Builders:*

6.0.1.1 Explore the diverse meanings of parenting
6.0.1.2 Identify responsibilities of the parenting role
6.0.1.3 Identify characteristics of positive parenting outcomes
6.0.1.4 Contrast relationship between personal expectations and actual parenting responsibilities
6.0.1.5 Identify rewards and challenges of parenting
6.0.1.6 Evaluate reasons for becoming a parent
6.0.1.7 Analyze how the parenting role changes lifestyles and other roles
6.0.1.8 Evaluate lifelong commitment necessary to be a responsible parent
6.0.1.9 Evaluate personal readiness for assuming the parenting role

**Competency 6.0.2: Value responsibility for personal growth within the parenting role**

*Competency Builders:*

6.0.2.1 Analyze effect being a parent has on *self-formation*
6.0.2.2 Identify strategies for balancing care of self and children
6.0.2.3 Develop strategies for dealing constructively with feelings and changes that occur within the parenting role
6.0.2.4 Identify interrelationship of parenting and career choices and goals
6.0.2.5 Develop strategies for sharing parenting roles
6.0.2.6 Develop strategies for lifelong learning of parenting skills and responsibilities

**Competency 6.0.3: Prepare for a healthy emotional and physical beginning for parent(s) and child(ren) (e.g., birth, adopted, foster, blended families)**

*Competency Builders:*

6.0.3.1 Identify biological processes related to conception, prenatal development, and birth
6.0.3.2 Identify factors affecting prenatal health of mother and child
6.0.3.3 Plan strategies to obtain and allocate resources (e.g., time, space, money, energy) to ensure emotional and physical well-being of parent(s) and child(ren)
6.0.3.4 Identify factors to consider in labor and delivery
6.0.3.5 Develop strategies for providing care of new child(ren)
6.0.3.6 Develop strategies to ensure integration of new child(ren) and family
6.0.3.7 Explain bonding process and how it impacts parent-child relationships
6.0.3.8 Develop strategies for sharing parenting responsibilities
6.0.3.9 Investigate medical costs during and following pregnancy
6.0.3.10 Identify costs of rearing child(ren) from birth to age 18
6.0.3.11 Explain legal rights and responsibilities of mother, father, child(ren), grandparent(s), school authorities, and community agencies
6.0.3.12 Explain significance of birth certificates
6.0.3.13 Define child support, paternity, visitation, and custody
6.0.3.14 Define guardianship, emancipated minor, and power of attorney

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**Competency 6.0.4: Meet developmental needs of children and adolescents**

*Competency Builders:*

6.0.4.1 Identify physical, emotional, social, and intellectual growth patterns and needs
6.0.4.2 Analyze significance of meeting developmental needs
6.0.4.3 Identify individual aspects of development
6.0.4.4 Plan strategies to meet individual developmental challenges
6.0.4.5 Analyze strategies for caring for children with special needs
6.0.4.6 Plan strategies to enhance development of children through play and activities
6.0.4.7 Plan strategies to meet nutritional needs
6.0.4.8 Plan strategies to provide for health and safety needs from conception through adolescence
6.0.4.9 Plan strategies to provide preventive health care services (e.g. immunizations, dental care, developmental screening, identification and treatment of communicable diseases)

**Competency 6.0.5: Build positive parent-child relationships**

*Competency Builders:*

6.0.5.1 Evaluate how interaction between parent(s) and child(ren) affects their respective development
6.0.5.2 Identify how culture and society influence parenting beliefs and behaviors
6.0.5.3 Identify relationship between self-esteem of parent and child
6.0.5.4 Plan appropriate strategies for enhancing child's self-esteem
6.0.5.5 Identify outcomes of nurturing behavior
6.0.5.6 Plan ways to nurture children and adolescents
6.0.5.7 Demonstrate appropriate communication skills for children at varying developmental stages
6.0.5.8 Use listening as a communication tool
6.0.5.9 Identify ways to encourage children to express feelings
6.0.5.10 Identify various family systems in which parenting occurs
6.0.5.11 Evaluate alternative strategies for solving problems that may occur within each type of family system

**Competency 6.0.6: Use positive guidance and discipline to promote self-discipline, self-esteem, and socially responsible behavior in children and adolescents**

*Competency Builders:*

6.0.6.1 Distinguish between guidance, discipline, and punishment
6.0.6.2 Identify importance of setting developmentally appropriate expectations
6.0.6.3 Analyze short-term and long-term outcomes of guidance, discipline, and punishment for children, families, and society
6.0.6.4 Evaluate alternative approaches for guiding and disciplining children and adolescents in terms of short-term and long-term outcomes
6.0.6.5 Recognize that different families, cultures, and ethnic groups may have different values and behavioral expectations
6.0.6.6 Recognize how individual differences, relationships, and situations influence choice of guidance and discipline techniques
6.0.6.7 Identify strategies for encouraging responsible behavior for self and others
6.0.6.8 Define child abuse (i.e., physical, sexual, and emotional) and child neglect

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6.0.6.9 Analyze factors that contribute to situations of child abuse and child neglect
6.0.6.10 Analyze outcomes of child abuse and child neglect
6.0.6.11 Identify strategies for managing anger, frustration, separation, and loss
6.0.6.12 Create strategies for preventing and intervening in child abuse and child neglect situations

**Competency 6.0.7: Access sources of parenting information, support, and assistance**

*Competency Builders:*

6.0.7.1 Recognize needs for parenting information, support, and assistance
6.0.7.2 Identify components of an effective parenting support system
6.0.7.3 Identify sources of parenting information, support, and assistance to meet needs of parent(s) and child(ren)
6.0.7.4 Analyze factors affecting parenting information , support, and assistance
6.0.7.5 Develop criteria for evaluating parenting information, support, and assistance
6.0.7.6 Evaluate parenting information, support, and assistance available to parent(s) and child(ren)
6.0.7.7 Identify available child-care alternatives
6.0.7.8 Analyze factors affecting child-care decisions
6.0.7.9 Develop criteria for evaluating quality child-care services
6.0.7.10 Evaluate child-care services available to parents

**Competency 6.0.8: Plan ways that families and society can share in nurturing children and adolescents**

*Competency Builders:*

6.0.8.1 Analyze interdependent relationship between families and society in sharing responsibility for children's needs
6.0.8.2 Plan ways that parents can support children in school success
6.0.8.3 Analyze how public and private policies influence parenting
6.0.8.4 Analyze moral and ethical social issues concerning children and parents
6.0.8.5 Develop strategies to effect change in society for the benefit of families and children
6.0.8.6 Identify career opportunities involving care and nurturing of families and children

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